

**September 21, 2015**

**Bluebird Care urges vulnerable customers to prepare for “harsh” winter**

Burnham-based Bluebird Care is urging its vulnerable customers to prepare for what weathermen are predicting could be a particularly harsh winter; with colder than average temperatures carrying on until the spring.

The homecare company’s workforce of over 100 staff provides a variety of care in people’s own homes across the Slough, South Buckinghamshire and South Wycombe areas.

Director Ian Inglis said: “Taking a few simple steps now, in preparation for winter, can make all the difference and keep an older person warm, safe and well in their own home. Now is the time to prepare, before the first cold snap – particularly if the weather is as cold as they are predicting.”

The homecare provider has issued a simple checklist to help its customers gear up for falling temperatures and wintry conditions over the coming months.

Bluebird Care advises its customers to try to ensure they:

* Maintain and service boilers – gas companies and plumbers are often run off their feet during cold weather, so get it serviced and checked now.
* Stay warm – when autumn and winter set in make sure your home is at least 18˚C
* Have enough essential medication in the cupboard
* Consider having a free flu “jab”, if you qualify – providing you some protection during the traditional flu season (normally January and February).
* To ward off germs – wash your hands regularly with soap and warm water.
* Ensure cars are well maintained, serviced, and tyres are checked and properly inflated.
* Try to make sure a friend or neighbour is aware if you’re vulnerable and spending long periods alone.
* Try not to venture out in extreme weather conditions unless it’s essential.

The award-winning Summers Road company provides a variety of care in people’s own homes, from short visits to live-in support.

In July, it won an employer Achiever Award from Bracknell and Wokingham College after 11 of their carers completed BTECs in Dementia Care at the college.

As demand for its homecare services grow, it is recruiting more carers. Get in touch on 01628 605797.

Ends

**Media enquiries:** to arrange interviews with Ian Inglis, please contact Cathy Kelly at ckellypr@gmail.com or on 07704 130226.